



*Editor's Letter:*

Hello Junior Shooters and welcome to the second issue of the New Jersey Junior Shooter Newsletter. This issue features articles entitled Using Available Time by Edward Glidden, To Be A Good Shooter by Mike Westock, the profile of the month called How To Get To Carnegie Hall by myself and a breakdown of the upcoming matches and the Junior Competitors Report by Mary Badiak.

This issue is dedicated to parents.



It's easy to forget the amount of dedication and support our parents give us when we first begin shooting (not to mention the economic burden). Whether it's staying up late to reload, purchasing the guns needed to compete in a match, or simply being a shoulder for us to cry on when things inevitably go wrong, our parents deserve our thanks.



As previously stated, if there are any comments about the newsletter, or any requests for certain articles please feel free to email me at [john.gunn.3@gmail.com](mailto:john.gunn.3@gmail.com). Anyone wishing to write an article for the newsletter can also contact me via email.

*By: John F. Gunn III*

*Using Available Time:*

Time management is very important for the Bullseye shooter in all aspects of the sport. However, in this article I want to discuss using the available time in the Slow, Timed and Rapid Fire parts of a match. In later articles I will review other areas where time management is just as important.

During the last six years I have been coaching, Juniors failure to use the 10 minutes, 20 seconds and 10 seconds available for the Slow, Timed and Rapid fire strings has been the most common problem I have observed. It is not unusual for a Junior (and many Seniors) to shoot 10 Slow Fire shots in less than 4 minutes, and many take even less time. Likewise it is not unusual to see a Timed Fire string shot in less than 12 seconds and Rapid fire in 7 to 8 seconds.

In the Slow Fire portions of a match the shooters have 10 minutes to fire 10 shots. On an indoor range where wind is not a factor the shooter should take at least 5 minutes to shoot the 10 shots, or one shot every 30 seconds. On an outdoor range use as much of the 10 minutes as necessary by waiting for periods of little or no wind, commonly called "lulls" to fire your well aimed shot. From the time the pistol is raised the shot should be fired within 15 seconds. After 15 seconds the arm starts to weaken and the chance of a well aimed shot is degraded. After 15 seconds or after the shot is fired rest the pistol on the bench for approximately 15 seconds. During this rest period review the elements of your shot plan then raise the pistol and start the cycle again. Since this 30 second cycle allows twice as much time as is needed to shoot a Slow Fire string it is not critical to fire a shot every time you raise the pistol – if it doesn't feel right lower the pistol, review your shot plan then take your well aimed shot.

For both Timed and Rapid Fire strings your pistol needs to be settled and aiming at the edge of the target at the approximate level of the bullseye when the command "Ready on the firing line" is given. Most shooters raise the pistol and start aiming at the command "Ready on the left." This preparation allows the first shot of the string to be fired within one or two seconds of the target turning leaving 18 seconds and 8 seconds respectfully for four shots in the Timed and Rapid Fire string. The use of "turning target" drills, facing the target for two seconds and firing one shot then shooting two shots in four seconds are the best drills for getting an accurate first shot in Timed and Rapid Fire strings. This cadence of two shots in four seconds is the cadence for the Rapid Fire string. The only reason for shooting Timed Fire in 10 seconds or less is that you can shoot 10 X's in Rapid Fire, otherwise take your time and shoot 5 good shots.

*By: Edward Glidden*



*Ed achieved an Outdoor "Personal Best" .22 score 865-35 at the NJ Outdoor State Championship last Sept. (above) and open wins in both .22 and CF slow fire last weekend at OBRPC Indoor 2700!*

*To Be A Good Shooter:*

To be a good shooter, one must learn from a good shooter, or at least study the books and articles written by the best. Ron Steinbrecher is one of the best shooters around and I'm glad to see he contributed the first article to the Shooters Corner. I've been striving to follow in his footsteps, and have literally been on his heels in match scores. So, I am honored to follow his lead, and use his Articles on the Fundamentals, as the basis of my contributing article.

I became interested in Bullseye shooting when I brought my 16 year old daughter Sue, to a newly formed Junior Bullseye League organized by John Gemmill and found myself learning the Fundamentals by sitting in on John's class. Later, I realized I was watching the wrong shooters in the league I was participating in and then started watching how John prepared to shoot. I personally learned a lot from John Gemmill and attribute his efforts in teaching the Juniors, to my making Master in a year.

In class, we referred to the Army Marksmanship Unit Advanced Pistol Guide Book and then Ron Steinbrecher came down one day and gave a clinic, again referring to the Fundamentals.

The following is my brief description of the Fundamentals, or at least, as brief as I can make it in this article.

**Stance:** Stand about 45° from the target; feet should be shoulder width apart, body straight and upright, and neck straight. Anchor your non-shooting arm in your pocket or belt. Extend and lock your shooting arm from the shoulder through the elbow to the wrist. Raise your arm, point to the target, close your eyes, lower your arm to the bench, raise your arm back to the target and open your eyes. If

you're back on target, your Natural Point of Aim (NPA) is good. If not, adjust your feet so you can point naturally at the target.

**Grip:** Pickup the pistol with two hands. Insert your shooting hand as high as possible and grasp the frame with your lower three fingers, pressing firmly on the front strap, not on the side of the frame with your finger tips. Milking the grip, which means you are squeezing your hand tighter as you pull the trigger, must be avoided. Maintain constant grip pressure. As a test, when pulling the trigger, look at your hand and your arm, if you see any tendons moving, your moving more than just your trigger finger.

**Breathing:** Take two deep breaths, in the nose and out the mouth. Inhale your third breath, bring your gun on target, exhale about half, relax, aim and squeeze off the shot.

**Aiming:** Focus on the dot or the front sight, not the target. Using a red dot is much easier than iron sights because everything appears on the same plane and the round dot fits nicely inside a circle. With iron sights, there's a choice of center hold, six o'clock hold or sub-six hold. I like the six o'clock hold with the same amount of white space under the bull as there is in the light bars of the sights.

**Trigger Control:** Pull the trigger smoothly, straight back while maintaining your aim.

Marry your eye to your finger. Your eye is connected to your finger by the brain and it's the sub-conscious that is pulling the finger straight back. As soon as you blink, or start thinking, your conscious mind is going to interfere with your trigger control. Don't think; use your sub-conscious mind to make a good shot.

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*To Be A Good Shooter cont.*

**Follow Through:** During the instant that the hammer falls and the firing pin ignites the primer, which causes the powder to burn, creating pressure to move the bullet, the shooter needs to keep their eye focused on the sights or the dot. Blinking or looking away, or relaxing the stiffness in the arm, must be avoided. Maintain focus, physically and mentally, and a good shot will appear on the target. Proper follow through will allow the shooter to correctly call their shots on the target.

In conclusion, to make a good shot, and to continue to make the next shot a good shot, apply the Fundamentals....and watch how a good shooter does it!

Good shooting,

*By: Mike Westock*



*Mike achieved "2600 Club" in 2006 and Indoor High Master in 2009 – he has been top NJ Outdoor Master for the past 2 years!*

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*How To Get To Carnegie Hall:*

Competitive shooting fell into my lap. I was 16 years old and sitting at the bar (with my father) at my club, Square Circle, and Carl Phillips was tending bar. In those days I had aspirations to become an FBI special agent and therefore had an interest in learning to shoot and Carl offered to help teach me. So I began to meet with him once a week, he supplied the guns and the experience and I supplied the youthful energy. One day, when I complained of not improving quickly enough, Carl smiled, took the cigar out of his mouth and asked if I knew how to get to Carnegie Hall. I was confused and said no and he replied "practice, practice, practice." It was his humorous way of telling me that in order to improve I had to work for it.

Carl passed away in 2005, but his teachings and the passion for shooting that he instilled in me survives to this day.

Carl's lesson of "practice, practice, practice" was a lesson I took to heart and as a junior I would practice 2-3 times a week on the range, and dry fire at home. This allowed me to set several junior national records (some of which I still hold, though judging by current and upcoming juniors, this might not be true for long) both individual and as part of a team. I am a past collegiate champion at the National Matches (twice) and a past New Jersey State Junior Champion. My proudest moment however, was obtaining my Distinguished Pistol Badge while still a junior.



*How To Get To Carnegie Hall cont.*

My reasons for stating all this is not to inflate my ego (which according to my girlfriend is already out of control) but rather to express what can be accomplished even while still a junior competitor. So much can be done while a junior competitor with the fundamentals of shooting (previously written about) and the simple principal of “practice, practice, practice.”

Three years ago I became an adult shooter and began to coach the junior pistol team at the National Matches. As much as I enjoy shooting, coaching the juniors is my favorite part of the National Matches. I enjoy coaching because it allows me to give back to shooting and it allows me to help mentor young shooters. Had it not been for my mentor Carl Phillips and the aid of other more experienced shooters (John Gemmill, Paul Adamowski, Ed Glidden just to name a few) I would not have been as successful as a junior shooter. It is for this reason that one suggestion I must make to junior shooters is to ask other shooters for advice if you find yourself doing something wrong. Listen to them while they talk on the line about shooting. You’ll learn a lot.

Another bit of advice stems from the past three years of coaching the junior team and partly from being a junior shooter. Bullseye shooting is competitive by nature; you compete against others in your class and ultimately there is only one “winner”, but the competition that is most vital to shooting is the competition with yourself. Each match is

a chance to out perform your previous accomplishments. It is fine to be competitive and to enjoy competing with others and it can be outright amusing (just listen to Ron and Dave on the line!!!), but as another mentor, Paul Adamowski, once said to me “competition is secondary to performance.”

Finally, I’ll end with my only rule, aside from safety, as a coach of the junior team: have fun. If you are not having fun, you aren’t going to shoot well and besides all that, why do something you don’t enjoy? I love shooting, even on the days I’m not doing well, but if I woke up tomorrow and went to the range and didn’t enjoy myself, I’d pack up my guns and stop. Whether you see shooting as a sport or simply as a hobby, the one thing that **must** be there for you to excel is a passion for it.

*By: John F. Gunn III*



*John has coached the NJ Junior Team at Camp Perry for the past 3 years, and has been the National Indoor Junior Pistol Champion as well as having won the title as National Collegiate Champion, twice! Also, he may have been the youngest shooter ever to attain the Distinguished Pistol Shot badge!*

Upcoming Matches:

## February 2011

### Conventional Pistol (Bullseye):

**Riverdale, NJ** – 2700 – Feb. 11-12, 2011 – relays at 6 PM (Friday), 8 AM and 1 PM (Saturday) – <mailto:DL2700@aol.com> or phone **201-251-0933** or at <http://www.NJPistol.com>

**Old Bridge, NJ** – SECTIONAL (900 with .22 only at 50 ft. + 30 round fired team match)– Feb. 19-20, 2011 – relays each day at 9 AM, 11:30 and 2 PM – <mailto:noalibis@njpistol.com> or phone **908-788-5503** or at <http://www.NJPistol.com>

**Riverdale, NJ** – SECTIONAL (900 with .22 only at 50 ft. + 30 round fired team match)– Feb. 18-20, 2011 – Friday 6 PM, Saturday 12:30 PM, Sunday 8 AM – <mailto:DL2700@aol.com> or phone **201-251-0933** or at <http://www.NJPistol.com>

**DSPC (DE)** – 2700 – Feb. 26-27, 2011 – relays each day at 8 AM and 1 PM – <mailto:GregBCE@verizon.net> or phone **302-893-1146** or at <http://www.NJPistol.com>

### Air Pistol:

**Gibbsboro, NJ** – NRA Air Pistol – Feb. 6, 2011 – relays start at 10 AM – <mailto:jgunn001@comcast.net> or phone **609-288-0778**

**Princeton Junction, NJ** – NRA Air Pistol – Feb. 20, 2011 – relays start at 10 AM – <mailto:wgregory0887320@msn.com> or phone **732-887-0881**

### International:

**Riverdale, NJ** – SECTIONALS in Free Pistol, Air Pistol, Standard Pistol – Feb. 18-20 – relays: Free (Sat. 8 AM, Sun. 12:30 PM), Air ( Sat. 10 AM, Sun. 2:30 PM), Standard (Fri. 8 PM, Sat. 2:30 PM, Sun. 10 AM) - <mailto:DL2700@aol.com> or phone **201-251-0933** or at <http://www.NJPistol.com>

*By Mary Badiak*

## Junior Competitors Report:

Jan. 7-8 – Riverdale, NJ - Indoor - **Michael B. Soklaski** set a new indoor “personal best” Grand Aggregate with 2114-26X! He also won 1<sup>st</sup> among MK in .22 Slow Fire with 175-2X! **Eric Verhasselt** won 1<sup>st</sup> among MK in both .22 Timed and Rapid Fire!

Jan. 22-23 – Old Bridge, NJ – Indoor – **Joseph Storch** was High Junior, firing a “personal best” 819-10X with .22! **Michael B. Soklaski** also set a new “PR” with 806-13, as he and Joseph finished 1<sup>st</sup> and 2<sup>nd</sup> among 12 Marksmen in the .22 match! **Trevor Houlis** fought off gun malfunctions and managed to get one nice 97-2 (that’s what we’re used to from him!) winning a 2<sup>nd</sup> place award in .22 Rapid Fire! **Sarah McGinty** (below, left), home on semester break (from defending the 2<sup>nd</sup> Amendment in Towson, MD) enjoyed shooting the match with her father – her 727-12X included more than one “refrigerator target” (though I guess she had to leave them on the home refrigerator...)

New CJ Junior League star **Steve Voros** (below, right), age 14, made a truly outstanding debut to pistol competition, firing 764-10X with a borrowed gun! After some sighting in, his 3<sup>rd</sup> slow fire target was 83, with all 10 shots in the black! All 3 of his rapid fire scores were in the 90s, culminating with 95-1! Having never even fired 90 rounds one-handed (and never at 25 yards!) he continued to shoot another 90 rounds for practice after the .22 match (and added a 98-4 timed fire “refrigerator target” to his first match collection!)



## Junior Leagues Report:

**Old Bridge (2<sup>nd</sup> and 3<sup>rd</sup> Sundays at 5 PM):** Joseph Storch won the “skidder” contest on Dec. 12! Kimberley Hullings, visiting home on semester break, celebrated her birthday, along with new league member Lisa Heredia, at our year-end party on Dec. 19!

**Chairman:** Ed Glidden at <mailto:eglidden@yahoo.com>

*NOTE: Because of the Sectional, we'll meet 2<sup>nd</sup> and FOURTH Sundays in February!*



**CJRPC in Jackson, NJ (Thursdays at 6 PM, barring snow storms!):** New members Collin and Brenden Cubberley both made their one-handed debut! Josh Rotondo fired his best rapid fire groups all year at our party-day match (strings in 12-10 seconds, 8-6, then 5-4, with that last one being so much fun we did it twice!)

**Chairman:** Mike Westock at <mailto:topgun22x45@aol.com>

